Realising potential

GCSE
Food Preparation and Nutrition
Food Preparation assessment sample NEA tasks

To be issued to candidates on or after 1 November

What's assessed:

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

Students will prepare, cook and present a final menu of three dishes within a single period of no more than 3 hours, planning in advance how this will be achieved.

Task setting: One task to be selected from three tasks set by AQA to be issued in school in the November of the academic year in which it is to be submitted.

Release date: 1st November

Time: Recommended 20 hours (including up to 3 hour final assessment within a single block period.)

Outcome: Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.

How it's assessed:

Students will produce a concise portfolio including:

- Evidence of research and analysis of their chosen task
- Evidence of making 3-4 dishes outside of the single 3 hour period to demonstrate technical skills. These dishes will be used to justify the choices of dishes for the final menu. There is an expectation that candidates will not simply re-make the same 3 dishes
- Evidence of planning, preparing, cooking and presenting a menu of three dishes within a single period of no more than 3 hours
- Analysis and evaluation of the nutritional, cost and sensory properties of the three dishes.

This assessment is to be carried out under supervised conditions.

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Sample tasks:

1. Plan, prepare, cook and present a range of dishes which would be suitable for vegetarians. Present three final dishes.

2. Plan, prepare, cook and present a range of dishes which are a good source of fibre and would appeal to teenagers. Present three final dishes.

3. Plan, prepare, cook and present a range of dishes from the Mediterranean culinary tradition. Present three final dishes.

Understanding and application of nutritional knowledge will be a requirement of all tasks.

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